

Athletic Stance

A body position in which the skier is in balance without excessive leaning (fore, aft and laterally) and is aligned over the feet.

Some exercises to help with Athletic Stance

- Statically show the person. In a group setting try pairing up and have them align their partner. Making sure you correct anyone out of place
- Traverse across the hill in the athletic stance reinforcing center of mass over base of support
- Traverse across the hill picking up the uphill ski
- Traverse across alternate picking up the uphill and the downhill ski
- Fan exercise increasing the angle of decent

Some things to emphasize

- Shin tongue pressure
- Hands in the front of the hips
- Reinforce the center of mass over the base of support
- Ability to effect any skill throughout the turns

What to watch out for.

- Some joints are flexing more than others
- Upper body is tilted too much in one direction or the other
- Skiers hands and hips are behind the feet
- Very stiff throughout the turn

Demo team exercises Bob Barnes

- Ski a backwards traverse
- Ski a backwards traverse picking up the uphill ski
- Ski a backwards traverse engaging the edges
- Ski a backwards traverse to a stop and the proceed forward

These exercises are for the very advanced skier. They force the skier to center themselves over the ski. Working up to the backwards to a stop then proceed forward emphasize the athletic stance that they stop in. Have some fun with these only use them with advanced skiers

Basic Parallel

The skis are parallel throughout all phases of the turn. The turns are linked, skidded and round. The speed is maintained by the shape of the turn.

Exercises for Basis Parallel

- On shallow terrain flatten ski and let them slide a foot or two down the fall line
- Side slip traverse with tips slightly pointed downhill. Very shallow angle of decent
- Side slip traverse, increasing the angle of decent. Introduce the rotary in the feet as the angle of decent increases. Steering the ski tips from downhill to back up the hill. Working on making the bottom half of a "C".
- Side slip traverse (with tips slightly pointed downhill) to a transition allowing the skis to seek the fall line.
- Traverse to a transition allowing the skis to seek the fall line, continue steering the skis across the fall line to complete the turn. Making a "C" shape turn

Key Points to Stress

- Skis are parallel throughout all phases of the turn
- Athletic stance throughout all phases of the turn
- Skis leave skidded tracks
- The pivot point is roughly under foot
- Stable upper body

What to watch out for

- Skis in a wedge at beginning of the turn
- Skis are diverging at the exit of the turn
- Skis are not parallel throughout all phases of the turn
- Skis are not skidding throughout all phases of the turn
- Speed is inconsistent throughout the turn
- The turn is not rounded

Pivot Side Slip

The skier pivots their skis 180 degrees from a sideslip to a sideslip facing the other direction. The skier maintains a consistent path of travel down the fall line. This activity can be modified to use flexion and extension.

Exercises for Pivot Sideslip

- Side slip down the fall line to a hockey stop
- Side slip down the fall line to a hockey stop and release the edges before you come to a complete stop and continue the sideslip
- Side slip down the fall line before coming to a stop, steer the ski tips down the fall line. Allow the skis to travel down the fall line for about 10 feet then steer them to a side slip in the other direction
- Work on closing the gap between side slips.

Key Points

- Pivot points are under the center of the ski
- Skis are pivoted at a consistent rate
- Skis are parallel
- Use the functional tension to help steer the skis, created by upper / lower half body separation and counter.

What to watch out for

- Tendency to use a stem or a step to push off
- Over rotating the upper half

Teaching Pointers

- Begin with the end in mind
- Understand the movement you are trying to achieve and apply it to your exercises
- Move on once everyone has achieved each step
- Don't over think it. Keep it simple
- Baby steps to the outcome you desire
- 4 Steps to developing a good teaching progression
 1. Show the movement statically
 2. Put that movement in motion
 3. Challenge the exercise by adding something to the movement
 4. Take it up a notch. Increase angle of decent or pitch of hill